

**COMMISSION ON AGING AND DISABLED  
REGULAR MEETING  
OCTOBER 5, 2016**

**MEMBERS PRESENT**

Maureen Lynch  
Urania Nicholson  
Greg Stelmak  
Therese Nadeau  
Jerilyn Nagel  
Patricia Hanbury  
Roberta Byron Kolej

**MEMBERS ABSENT**

Karen Brecher

**STAFF**

Dianne Stone  
Gail Whitney

**TOWN COUNCIL LIAISONS**

David Nagel  
Carol Anest

**I. CALL TO ORDER**

Maureen Lynch called the meeting to order at 6:03PM.

**II. PLEDGE OF ALLEGIANCE**

**III. PUBLIC PARTICIPATION**

There was no Public Participation.

**IV. APPROVAL OF MINUTES**

The September minutes of the Commission on Aging and Disabled were accepted as read.

**V. STAFF REPORT**

Dianne thanked the Commissioners again for adjusting their meeting schedule in September. She updated programs: Tech Help meets every two weeks with Jim Late and Jay Slater who assist people with their computers and devices; September 8<sup>th</sup> was a garden potato harvest and people who participated in the grow your own potato program attended; the garden is in full Fall bloom and there is more netting around the area; a certified wildlife remover was

hired to trap and remove the animals who were invading the garden; the facilities department is reroofing the garden shed; September 7<sup>th</sup> there was a chef demo who prepared Beef Wellington – this program is very popular, along with the Lunch and Learn program – both fill up very quickly; Veteran’s Coffee Hour with Wayne Rioux; the Aging Mastery Program began on September 21<sup>st</sup> with 20 people enrolled; on September 30<sup>th</sup> three musicians performed and this program was called Jazz & Juleps – this program was available due to a grant through the National Council on Aging. The Waterfall Festival held on September 17<sup>th</sup> designated the \$1,000 funds raised to the Senior & Disabled Center - this money will assist with the garden next year.

October programs include the flu shot clinic sponsored by the Central Connecticut Health District; most people are getting their flu shot at the Senior and Disabled Center.

Dianne had reported that there was going to be a cap on the congregate meal, however this cap has been lifting and the numbers are back up.

The Senior Expo is scheduled for November 4<sup>th</sup>.

Gym Guys, a mobile personal training company, has been hired and once a week they act as roaming coaches in the Fitness Room to assist people. They are paid out of the membership fee. This has proved very popular so they will now offer a class twice a week for five weeks at a cost of \$165 per person for a small group of up to five people.

#### A. Door Counters

Dianne reported that the scanning system is now in place and ads rotate; allowing this program on this system gives the Center a \$500 discount. Dianne stated that there are 370 people coming into the building on average each day -these statistics are for the month of September.

### **VI. MONTHLY TOWN MANAGER’S REPORT**

The Town Manager’s report was distributed to the Commissioners. Dianne mentioned that Karen Futoma has been appointed to the State’s Task Force on Hoarding.

### **VII. OLD BUSINESS**

#### A. Self-Assessment

Dianne reported that when she was at the conference in Philadelphia she worked on a lot of accreditation items that she will be sharing with her staff.

#### B. ByLaws/Rules of Procedure Discussion

Dianne stated that she made the changes, but apologized because she did not bring them this evening. This agenda item will be tabled until the November meeting.

C. Strategic Planning

This is part of the Self-Assessment.

**VIII. NEW BUSINESS**

A. ADA Discussion

Karen Futoma was unable to attend this evening's meeting, but plans to attend the November meeting. Bill DeMaio would also like to attend to discuss ADA issues. Bill is the first person in Connecticut to complete the course on ADA coordinator certification, and he is one of two people nationally to do this. Maureen commented that the Commissioners should review the ADA documents given to them at the September meeting so they can ask specific questions to Karen and Bill.

Jerilyn asked about the bathrooms. Dianne reported that C&C Janitorial came in and discussed with Denise particular products that can be used to help with any odors. Dianne also stated that the Town's Facilities Department will repaint the bathrooms.

Dianne stated that Karen, Jerilyn, and Pat's Board positions expire at the end of November so they should contact their respective parties to be reappointed.

**IX. AGENDA FOR SEPTEMBER MEETING**

Move ADA Discussion to Old Business.

**X. PUBLIC PARTICIPATION**

David and Carol indicated they had no report.

**XI. ADJOURNMENT**

**MOTION:** Greg Stelmak made a motion to adjourn, Urania Nicholson seconded the motion, all were in favor, and the motion was unanimously passed with a 7-0 vote at 6:25 P.M.

**The next meeting of the Commission on Aging and Disabled is Wednesday, November 2, 2016 at 6:00 PM.**

Respectfully Submitted,

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Gail Whitney, Commission Clerk